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## IMAGINE YOUR DESIRES INTO REALITY

*by Ellen Jones-Walker, Residential, Guest, & Outreach Trainer*



"I'm creating my own reality, Daddy."

Astronaut? Teacher? Explorer? Doctor? As a child, what did you dream of becoming when you grew up? What make-believe worlds did you create where your visions, actions, words, and experiences mirrored your desired reality?

Children excel at using their imagination to create and explore various realities, each rich in images and sensory details. Immersing themselves in these realer-than-real worlds, they experience different roles and situations, develop social and emotional skills, and enjoy themselves immensely.

Imagination is not just for children, though. Imagination is a powerful, multisensory tool of creation which you can use consciously to create the life you desire. By the universal Law of Attraction, whatever we are giving our attention to or thinking about—whether or not it is something we wish to have in our experience—is drawn to us. Imagination infused with high-vibration emotions supercharges the creative process.

"The Universe makes no distinction between the vibration you offer in response to what you are living and the vibration you offer in response to what you are imagining..." - Abraham-Hicks

If your current life experience is not as you desire, then you have been creating by default, which is what most people do. You can, however, easily begin to consciously and deliberately create a new reality for yourself—starting from where you are right now. Make these strategies an integral part of your daily life:

1. Begin by consciously recognizing and acknowledging what you like and dislike – then focus only on what you like and what you desire.
2. Devote time daily to meditating on that which you desire, lavishing attention on multisensory details and enjoying the positive emotions of already having your desired experience.
3. Cultivate Joy, Love, and Appreciation for every aspect of your life that you possibly can to enhance your vibrational offering.
4. Focus on the What and the Why of your desires, allowing the Universe to orchestrate the How, When, and Where. Expect to be amazed and delighted!
5. Develop a keen awareness of your emotions since they are an infallible indicator of whether or not you are coming into vibrational alignment with that which you desire. If you feel good, you are right on track!
6. Be grateful for the opportunity to exercise your free will as a co-creator.
7. Play! Have fun!

Do you find yourself trapped in your own “rat race,” caught up in exhausting, habitual behaviors with seemingly no way to break free? Or is your life perhaps moving along smoothly except for your relationships, financial situation, or physical health? And what about your cherished dreams that are just out of reach in the “someday I’ll be/do/have what I want” realm?

What are you waiting for? Empower yourself by understanding the key concepts of the universal Law of Attraction and by learning simple, yet powerful processes and techniques to begin to deliberately create the life you desire. All of us are supported by the Universe, and when we open to being in the flow of well-being and abundance, life becomes easier, more satisfying, and joyful.

## Your Guides for this Program



*Ellen Jones-Walker and Tip Walker, the developers of the Law of Attraction program, share a passion for consciousness exploration, discovery, healing, and personal transformation. Of great joy to them is being able to support others as they, too, engage in this exciting and magical process of awakening to their own vast potential, connecting with their true essence, and creating the reality they desire for themselves. For the past thirty years, Ellen and Tip have designed and given workshops, seminars, and credit courses on human potential, consciousness exploration, the law of attraction, healing, and other topics. It's clearly their right livelihood! Tip and Ellen, both Monroe Institute Residential and Outreach Trainers, are actively involved in the TMI Local Chapter Network, Professional Division, and Dolphin Energy (Healing) Club. They also conduct individual lab sessions for the Timeline program.*